

Using The COOL as a Contest log

Just this month on the 19th of July 2025 I took part in the quarterly QRP contest hosted by a very friendly club, ZS6STN. I'd like to share my experience in logging and submission of QSO's made during the contest.

The contest rules are important and should be studied carefully and can be found in the downloadable contest manual. Of course the date and times are the first to take note of. The most important of all is the exchange the testers need to send and receive then to log them accurately.

In the case of the QRP contests the exchange requirement is, "Realistic RS(T), 6-char Grid square and transmit power in watts (eg: 57, KG33uk, 10)". The example with the commas can be misleading but let us let common sense prevail and accept the exchanges should look something like 519 KG34AC 5 with spaces in between (or a pause between entities while sending Morse code).

I made contact with Frank ZS6FN and logged the QSO on The COOL. Frank also logged the QSO on The COOL.

Your update PIN:	
Your callsign:	ZS6BNE
Other callsign:	ZS6FN
Comments:	
Date:	2025-07-19 
Time (UTC):	07:16  
Frequency (MHz):	7.0300
Mode:	CW 
Power:	QRP 
RST Sent:	519
Grid locator / Text:	KG34AC 5
RST RCVD:	499
Other Grid / Text:	KG43DT 5

Your update PIN:	
Your callsign:	ZS6FN
Other callsign:	ZS6BNE
Comments:	QRP COMP
Date:	2025-07-19 
Time (UTC):	07:16  
Frequency (MHz):	7.0300
Mode:	CW 
Power:	QRP 
RST Sent:	499
Grid locator / Text:	KG43DT 5
RST RCVD:	519
Other Grid / Text:	KG34AC 5

The COOL immediately evaluates the log date, time and frequency allowing +/- 2 kHz and 5 minutes leeway to cater for slight variations that may exist. If these are found to be correct then a QSL flag is generated and the exchanges are compared next.

If the exchanges are correctly matched then a check flag is generated.

The COOL Main - The OPEN View [v 10.07.25] (Sorted by Date and Time) Note: Click on sortable column headers to sort.														
New Log Edit Log Delete log Upload ADIF COOL Evaluator Reload COOL Search callsign Search other Prepare for selective download Download ADIF Download Cabrillo PDF QSL														
***	Callsign	Other	Comments	Date	Time (UTC)	Frequency	QSL	Mode	Watts	sRST	Own Exchange / Grid	rRST	Other's Exchange / Grid	CHK
	ZS6BNE	ZS6FN		2025-07-19	07:16:00	7.0300	Y	CW	5	519	KG34AC 5	499	KG43DT 5	Y
	ZS6FN	ZS6BNE	QRP COMP	2025-07-19	07:16:00	7.0300	Y	CW	5	499	KG43DT 5	519	KG34AC 5	Y

ZS6STN is a rather forward thinking club. Their requirements for log submissions are, “Submit your log, labelled “<your call sign> QRP Contest,” in ADIF, Cabrillo or preferably the MS Excel log sheet, by e-mail to contest@zs6stn.org.za within the five calendar days following the contest date”.

The COOL can generate an ADIF or Cabrillo file. The ADIF is simple and sufficient to be able to share COOL logs with qrz, HRDLog, ClubLog or even LOTW. It looks like this:

```
<RST_RCVD:3>499<CALL:5>ZS6FN<RST_SENT:3>519<COMMENT:0><QSO_DATE:8>2025
0719<TIME_ON:6>071600<FREQ:6>7.0300<BAND:3>40m<MODE:2>CW<STX_STRING:8>K
G34AC 5<SRX_STRING:8>KG43DT 5<EOR>
```

The Cabrillo generated by The COOL has more detail though and better suited to contest submissions. It looks like this:

```
START-OF-LOG: 3.0
CONTEST: The SARL QRP Contests
CALLSIGN: ZS6BNE
LOCATION: Molopo
CATEGORY-OPERATOR: SINGLE-OP
CATEGORY-ASSISTED: NON-ASSISTED
CATEGORY-BAND: 40m
CATEGORY-POWER: QRP
CATEGORY-MODE: CW
CATEGORY-TRANSMITTER: ONE
GRID-LOCATOR: KG34ac19fi
CLAIMED-SCORE: 00001
CLUB: The COOL CW Operators Club
CREATED-BY: The COOL
NAME: Eddie Leighton
ADDRESS: 50 Piet my vrou avenue
ADDRESS-CITY: Molopo private park
ADDRESS-STATE-PROVINCE: Northwest province
ADDRESS-POSTALCODE: 2740
ADDRESS-COUNTRY: South Africa
OPERATORS: ZS6BNE
SOAPBOX: Lots of solar QRM
QSO: 7030 CW 2025-07-19 0716 ZS6BNE 519 KG34AC 5 ZS6FN 499 KG43DT 5
END-OF-LOG:
```

No need to fill in an excel spreadsheet. This file is simply mailed to ZS6STN and they are in further control of administering their contest results.